

10-30-2008

The Advocate, October 30, 2008

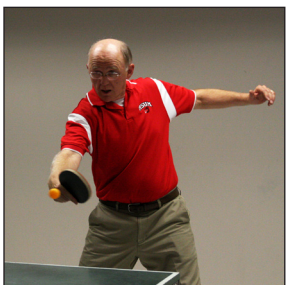
Minnesota State University Moorhead

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Ping-pong prof
Grindeland brings competition to the table

FEATURES, PAGE 3



Creature features
Halloween offers an excuse to revisit scary film classics

A&E, PAGE 6



Football victory
Football team breaks losing streak with a win at home

SPORTS, PAGE 8

The Advocate

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An award-winning newspaper published weekly for the Minnesota State University Moorhead community

ELECTION 2008

Franken returns to MSUM

By HEIDI SHAFFER

Editor

With only eight days until the election, democratic Senate candidate and former Saturday Night Live funnyman Al Franken was serious about getting out the vote during his campaign stop at MSUM Monday.

"I want you to get up early, stay up late," Franken said. "I want you to knock on doors and make phone calls. I want you to talk to your friends and your peers."

Students and community members packed the CMU ballroom for the event hosted by College Democrats, who pumped up the crowd while waiting nearly an hour for Franken to arrive.

"It's absolutely essential that we have this powerful, people-powered grassroots machine that's going to get out the votes," Franken said of the campus democrat's efforts.

Recent polls show Franken leading republican incumbent Norm Coleman by as much as 6 percent, but Franken cautioned the race will be close.

"We're going to have to really work over the next eight days," Franken said.

The Moorhead visit was the fifth of seven stops on Monday's campaign tour, following trips to St. Cloud, Morris, Climax and Crookston earlier in the day.



HEIDI SHAFFER / THE ADVOCATE

Al Franken visited MSUM during a campaign stop Monday. It was the democratic candidate's second time on campus during his run for U.S. Senate.

FRANKEN, PAGE 10

Students prepare for election

By RYAN FLIGINGER

Staff Writer

On Tuesday Americans will vote to elect the 44th president of the United States. As in any election, both candidates are putting forth rigorous efforts to gain the support of various voting blocs. The youth vote is no different.

For many students this will be the first national election in which they are eligible to vote. The 26th amendment to the U.S. constitution in 1971 lowered the voting age from 21 to 18, essentially creating an entirely new voting demographic.

In this election, more than any other the effort has been made to get out the vote, specifically the youth vote and first time voters.

On campus, getting out the youth vote has been undertaken by several student organizations, including student senate, College Democrats and College Republicans.

"Minnesota has the greatest percentage of voters 18 to 29," Heath Butrum of MSUM's chapter of College Democrats said.

"The response has been overwhelmingly positive. Personally we have registered over 300 people," Butrum said.

VOTING, BACK PAGE

Helpful tips to stay healthy this flu season

By KIM EHRLICH

Staff Writer

Winter is coming and coming fast and with it comes the threat of the flu. And whether students prepared or not, the flu will come into the dorms, classrooms and student body, emptying classrooms during critical studying time.

Many college students are living on their own for the first time, leaving many clueless on how to prevent

against illness as well as take care of themselves when they are sick.

- Hand washing prevents the spread of germs. Always wash hands after using the bathroom and reduce the amount of things being touched during the day, which might decrease the transfer of germs.

It's recommended to carry around hand sanitizer and use it is an effective prevention technique.

- Be smart about being sick. If students are sick, or especially if others are sick, give them some advice.

FLU, PAGE 11

Screen time hurts students' grades

By BOBBY JACOBSON

Staff Writer

A new survey from the University of Minnesota shows that stress, excessive television or computer screen time, alcohol, gambling, smoking and other health concerns directly affect college student's academic standings.

Almost half of students reported watching television two hours or more per day, a habit that greatly affects student's GPA scores.

Students with no reported

television time averaged a GPA of 3.37, while those watching five or more hours reported a GPA of 3.04.

Freshman Esteban Montoya feels that excessive computer use among college students may be causing GPA scores to fall.

"When I go to the library I see a lot of people on Facebook," Montoya said.

Montoya feels that although Facebook is a good way of keeping in contact with others, some students don't know when to log out and start their homework.

Stress was the most common factor impacting student's academics performance. Almost 70 percent of students reported having stress. Of those, 32.8 percent reported that stress impacted their academics.

Students chose from a list of mental health stressors that applied to them; everything from credit card debt to family issues were listed.

The more stressors a student had, the more their GPA fell.

STUDY, PAGE 10

Security Report

10.20 - 10.27

10.20 Jump start in Lot P

10.23 Theft/larceny in campus security house

10.23 Driving offenses and medical call on 14th Street

10.24 Suspicious odors in Bridges elevator shaft

10.24 Alcohol offenses and smoking violation outside of Ballard

10.24 Alcohol offenses, disorderly conduct, trespassing, vandalism in Lot S

10.25 Alcohol offenses on Lot S

10.25 Alcohol offenses, assault on officer and disorderly conduct in Grantham

10.26 Suspicious odors Snarr East

10.27 Disorderly conduct and noise complaint in Dahl

10.27 Motor vehicle accident on Lot A-1

Advocate meetings 4 p.m. Mondays in CMU 110

The Advocate would like to invite any interested students to their weekly meetings in The Advocate office. Pick up an application today and apply to be a sports writer, staff writer, cartoonist or photographer. Photographers meeting at 4:30 p.m.

The Advocate

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The Advocate is published weekly during the academic year, except during final examination and vacation periods. Opinions expressed in The Advocate are not necessarily those of the college administration, faculty or student body.

The Advocate encourages letters to the editor and your turn submissions. They should be typed and must include the writer's name, signature, address, phone number, year in school or occupation and any affiliations. Letters are due by 5 p.m. Monday and can be sent to MSUM Box 130, dropped off at The Advocate office in CMU Room 110 or e-mailed to us at advocate@mnstate.edu. The Advocate reserves the right to edit letters and refuse publication of letters omitting requested information. It does not guarantee the publication of any letter.

"Can you believe that Freshmen thinks he got hit by a car?"

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The Advocate is always looking for talented writers, photographers, columnists and illustrators. Meetings are held at 4 p.m. every Monday in CMU 110.

Contact the editor for more information or come to the staff meetings.

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November is American Indian heritage month

November will be here soon and with it comes remembrance of American Indian heritage. Starting at 7 p.m. on Monday, "Bury My Heart at Wounded Knee" will be showing in Bridges 166.

Beginning just after the bloody Sioux victory over General Custer at Little Big Horn, "Bury My Heart at Wounded Knee" intertwines the perspectives of three characters: Charles Eastman, a young, Dartmouth-educated Sioux doctor held up as living proof of the alleged success of assimilation; Sitting Bull, the proud Lakota chief who refuses to submit to U.S. government policies designed to strip his people of their identity and their sacred land; and Senator Henry Dawe, who was one of the architects of the government policy on Indian affairs.

George "Joe Bush" Fairbanks, White Earth Reservation spiritual elder, will conduct a traditional pipe ceremony to welcome in American Indian Heritage Month on campus.

At noon on Tuesday Opening Pipe Ceremony will be held in the Library mall.

BFA art exhibit opens Monday

A student art exhibit, featuring graphic designs and ceramics will be on display Monday to Nov. 19 in the Center for the Arts gallery. The exhibit is in partial fulfillment of students' bachelor of fine arts degrees.

A reception for the artists will be held from 4 to 6 p.m., Nov. 13 in the gallery. It's free and open to the public.

Gallery hours are 9:30 a.m. to 4:30 p.m. Monday, Wednesday and Friday; 9:30 a.m. to 3:30 p.m. on Tuesday; 9:30 a.m. to 5:30 p.m. on Thursday; and 2 to 4 p.m. Saturdays; or by special arrangement by contacting gallery director Jane Gudmundson, 477-2284 or gudmunja@mnstate.edu.

Stop dating jerks and jerkettes

A new and interesting workshop is coming called "How to Avoid Dating a Jerk/Jerkette."

This workshop is for males and females, both single and in relationships.

This workshop runs from 6:30 to 8:30 p.m. on Nov. 6 in Bridges 162.

If interested in attending e-mail Elizabeth at evensnel@mnstate.edu or call 477-2227. Include name and e-mail address.

Spring break in New York

This upcoming Spring Break, Craig Ellingson of the Theatre Department will be leading students and community members to New York to experience the nation's largest theater district.

The tour goes from March 17 to March 22. Moreover, students can choose to earn one, two or three credits by applying variable levels of educational research and structure to the tour.

Student and non-student alike will often take this opportunity to explore New York without the worry of earning credits.

For more information about the Theater Tour, contact Craig Ellingson at 477-4617 or e-mail him at ellngson@mnstate.edu.

Be rid of the flu

Hendrix Health and the nursing department is offering flu vaccinations for students. The shots will be given from 10:30 a.m. to 5 p.m. on Nov. 12 in CMU 227.

Stop by anytime during those hours to get vaccinated. The cost of the shot is \$20, checks only.

For more information contact Hendrix at 477-2211.



Camp-out in class

REC 140-Camping and Outdoor Recreation is a two-credit course held from 4 to 5:40 p.m. on Tuesdays, providing students with basic skills, knowledge and experience to camp safely and comfortably and how to use and enjoy the outdoors with minimum impact.

The course also provides a broad perspective of the aims, purposes and values of camping and outdoor recreation, and provides leadership training for camp counselors. The course includes a required overnight camp-out at the Regional Science Center's Buffalo River site.

Prepare yourself for the Job Fair

Not sure what to wear at the Tri-College Career and Internship Fair?

Getting ready for the job fair not as easy as you thought? Come to the "Making Most of the Fair" and get useful advice for the job fair. The workshop is scheduled from 4 to 5 p.m. today and 5 to 6 p.m. on Monday in CMU 207.

Contact career services if you have any questions about the workshops at 477-2131 or stop by CMU 114.

SECURITY UPDATE

Director of Campus Security Michael Parks

Student runs in to vehicle

BY LESLIE WOOD
Staff Writer

Intoxicated students outside Nelson

At 1:34 a.m. on Oct. 18, two female students were stopped outside Nelson because of suspicious behavior. Both admitted to drinking and that they were returning to their dorms. Security referred the two females to campus judicial.

All in pretend

At 11:21 p.m. on Oct. 23, campus security assisted the Moorhead Police department with an accident on 14th Street near the cross walk.

A student standing near the crosswalk was pretending to be hit by a slow moving vehicle, but got too close to the car and was knocked to the ground. The student received minor injuries.

Grabbing a smoke

At 6:29 a.m. on Oct. 24, an intoxicated male student went outside of Ballard to have a quick smoke, but fell asleep.

The male was awakened by security doing a welfare check.

The student was cited for underage consumption and was sent back to his room.

Running through the mall

At 12:44 a.m. on Oct. 25, security assisted Moorhead Police department with a foot pursuit in the campus mall area.

A female student tried to outrun the police near Lommen. A security officer caught the student and turned her over to the police.

The student was disruptive and uncooperative with the police, resulting in her being taken in to custody.

Student pushes officer

At 3:15 a.m. on Oct. 25, an intoxicated male student was stopped by campus security outside of Grantham.

An officer tried to identify the student and upon investigating the student pushed the officer causing both to fall to the ground.

The student was detained and later arrested by Moorhead Police Department for underage consumption, obstruction of legal process, and disorderly conduct. The male was transported to detox.

Disrupted party

At 3:25 a.m. on Oct. 25, campus security was dispatched to assist a resident assistant on the fourth floor of Grantham with an alcohol violation. Security found seven students having a party. Five students were cited by Moorhead Police department for underage consumption and the party was ended.

Using the elevator

At 3:34 a.m. on Oct. 25, while security was responding to a loud party in a resident hall, an intoxicated male student was found coming out of the elevators.

These security officers detained the individual and turned him over to the Moorhead Police department. The student was cited for underage consumption.

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Features

Professor serves up ping pong passion

BY NICHOLE SEITZ
Staff Writer

When Martin Grindeland, mass communications professor, was a little boy growing up on the farm with his dad, they used to use a 4-by-8 piece of plywood as a table tennis table.

While Grindeland no longer needs to use plywood for a playing surface, he still shows the same kind of passion for the game that he did when he was a child. Graduating from plywood to an actual table, Grindeland finds time every Friday to play the sport in the ROC in the CMU.

Grindeland's table tennis matches are by no means to challenge students. He plays for the love of the game.

"It is a fun opportunity to interact with people and to have a good time," Grindeland said.

There are even a few "regulars" that show up to play every Friday along with Grindeland. He plays the game with anyone who is willing to join.

There is no cost for the students to play because

Grindeland purchased a semester pass for the table from 11 a.m. to 1 p.m. on Fridays.

After playing in the F-M Table Tennis League for ten years, Grindeland left the league about three years ago. While he would consider going back to playing in a league again, he says that the campus is more convenient and it adds fun to Fridays.

Grindeland is not the first professor to set up a table tennis game regularly on campus. A number of years ago

an economics teacher and friend of Grindeland used to do the same thing.

Junior Brian Soland said, "I haven't played him

myself, but I have watched a few times when I have been in the ROC. At first it is odd seeing a professor playing students but he's actually good at the game so it is fun to watch."

Aside from playing with his dad as a child, Grindeland played throughout college.

PING PONG, PAGE 12

"If someone asks, I will share a tip or show them a new technique."

Martin Grindeland
Mass communications professor



LAUREN TAUTE / THE ADVOCATE

Mass communications professor Martin Grindeland returns the ball to his opponent last Friday in a game of table tennis in the ROC.

Halloween not just for the kiddies anymore

BY ANNA GEORGE
Staff Writer

"I love dressing up for Halloween," sophomore Karla Schaefer said. "I thought dressing up for Halloween stopped after elementary school, but it doesn't."

Halloween is this Friday and with it comes jack-o-lanterns, scary decorations, festive parties and outrageous costumes. Halloween costumes are a real must have for trick-or-treaters and they can create an interesting atmosphere at a party.

While Schaefer decides what she is going to wear on Halloween, stores are full of activity as Halloween approaches.

"For the ladies, sexy vampires and pirates are a sell-

out this year. The '60s style costumes are a big hit as well," Dory Colby, an employee of Applause Costume and Dancewear located in Moorhead said.

Halloween parties at MSUM are made for more than just children, they are for students too. There will be Dragons After Dark event on Friday night with games, a dance and a costume contest for students.

The Residence Hall Association is putting on their own party for children. There

will be an annual Halloween bash for young ones to trick or treat and do various activities in the resident halls.

"There is going to be the Nelson tower of terror, Dahl will have a box maze, Snarr will be a kiddy carnival and Ballard is the 'not so haunted house,'" Danny Sandberg, a recent graduate said. "There is also trick or treating in Nelson."

Throwing parties on Halloween can carry a fun theme while still being scary.

"Decorations are selling like

crazy for people to create a scary theme," Bergan said. "The most popular decoration is hanging skeletons."

"For planning a Halloween party, the murder mystery theme is great," Colby said.

She also mentioned that "bobbing for 'eyeballs' is a must have."

So whatever your plans are for Halloween, remember that scary and spooky festivities along with dressing up aren't just for kids.

George can be reached at georgean@mnstate.edu.

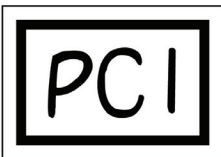


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Advocate editorial board

Heidi Shaffer
EditorBen Sailer
Assistant EditorChris Erickson
Opinion EditorStand up,
be counted: Vote
now or forever
hold your peace

What could arguably be the most important election of our time is right around the corner.

That means one thing: Get out and vote.

In any democracy, voting is the most important thing an individual can do. It is a right, a privilege and a responsibility.

Voting is important enough to take some time off work. Voting is important enough to miss a class.

Don't worry. Unless a major project is due or a big test is happening, most professors would accept the reason that a class was missed because a student was out voting. Just don't try it in every class.

Employers are legally obligated to allow you to leave work to go vote, so "I didn't vote because I had to work" won't be an acceptable excuse for political apathy.

Voting is also important enough that every voter needs to find out the information on every candidate for themselves.

Both major and minor parties are pushing an agenda, which has turned an already divisive American political atmosphere into a highly polarized one.

And no matter how you vote or who you vote for, remember the responsibility of voting. This means that if the purpose of any office or position on the ballot is unclear, then don't vote for it.

Don't vote for something if you don't know its purpose. Likewise, don't vote for a person if you don't know their responsibilities.

If any person feels the need to vote a straight-ticket ballot, do the rest of America a service and find out what those lesser known offices do.

Otherwise the right, privilege and responsibility of voting has been manipulated.

So while voting is one of the most important things any citizen can do, voting for the unknown doesn't represent change for any political party.

In short, while voting is an essential part of being a citizen, understanding the policies of your chosen candidates is an essential part of voting.

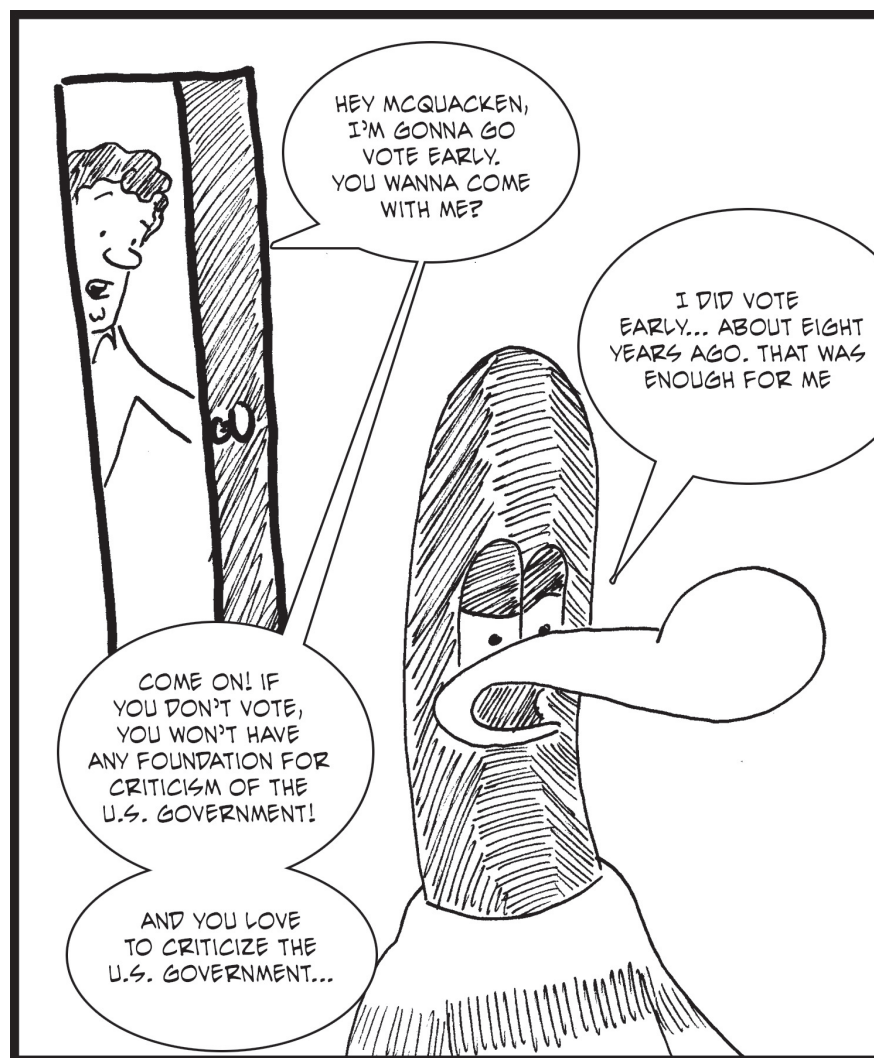
Vote, but please, vote smart. If you don't vote, you don't count.

The opinions expressed in The Advocate are not necessarily those of the college administration, faculty or student body.

The Advocate encourages letters to the editor and your turn submissions. They should be typed and must include the writer's name, signature, address, phone number, year in school or occupation and any affiliations. Letters are due by 5 p.m.

Monday and can be sent to
MSUM Box 130,
dropped off in The Advocate office
or e-mailed to advocate@mnstate.edu.

Illustration by John Berdahl / The Advocate



Opposing Viewpoints

What is your candidate's stance on foreign policy?

Al Winmill
for John McCain

John McCain is the candidate who will best handle foreign policy issues.

The fact that Sen. McCain has foreign policy experience puts him ahead of Barack Obama—the only foreign policy issue Sen. Obama can relate to is his opposition of the Iraq War, an issue that he wasn't even able to vote on as a state senator.

McCain has dealt with foreign policy since 1958—the year he enlisted in the U.S. Navy. He served in many different countries, including Vietnam, where he was a prisoner of war.

As a senator, McCain has served on the Senate Armed Services Committee as well as the Senate Committee on Commerce, Science, and Transportation, both of which dealt with international issues. As a member of the Senate Committee on Commerce, Science, and Transportation, McCain also serves on the Global Climate Change Subcommittee, furthering his experience.

McCain's military experience will be beneficial to his role as commander-in-chief of the United States Armed Forces, which is something Obama has zero experience in. Obama sees nothing wrong with speaking with Iran and other countries with hostility towards the U.S. without preconditions—an act Obama calls "engaging in aggressive personal diplomacy," but in reality this is just another example of the senator's inexperience and weakness.

Since March of 2007, McCain has co-sponsored three bills regarding international issues. The first was an urge to reopen dissident radio and television stations in Venezuela after dictator Hugo Chavez shut down stations that didn't adhere to his way of thinking. In June 2007, he co-sponsored a bill to call for Burma's junta to release political prisoners, including Aung San Suu Kyi, a Nobel Peace Prize winning activist. Lastly, in January 2008, McCain co-sponsored a bill to allow Ukraine and Georgia to become part of NATO to benefit all countries involved.

Heath Butrum
for Barack Obama

Barack Obama has the insight needed to guide our nation forward in the international sphere.

Throughout the world, the citizenry of our allies have shown their support for Sen. Obama. We need to raise our standing in the world community. Furthermore, the cowboy strategy of the last eight years has hurt our image internationally, and has since crippled our ability to deal with rising issues throughout the world by alienating our allies and pushing other countries away. For too long we have pursued our policies unilaterally and refused to acknowledge the concerns of other nations. There is much to be done in repairing relations. We need to reopen consulates and open negotiations focusing on diplomacy.

Even before we invaded Iraq, Sen. Obama recognized what many would not acknowledge: The cost of the occupation would be much greater than estimated. Five years later we have a war that has outpaced the cost of Vietnam. More than 4,000 Americans and 150,000 Iraqis are dead, and everyone acknowledges that our justifications for invasion were wrong.

It has made it impossible to effectively engage Al-Qaeda in Afghanistan. Nor is there a sufficient level of security to allow the Afghan government to build a stable nation. Sen. Obama has proposed deploying more specialized troops to Afghanistan in order to deal with pertinent issues that address the situation on the ground.

The most reinforcing piece of the senator's foreign policy credentials is his bipartisan backing. Former secretary of state and chairman of the Joint Chiefs of Staff Colin Powell, along with 22 retired generals have endorsed Barack Obama. Jim Webb, the junior senator from Virginia and secretary of the Navy under Ronald Reagan has endorsed Sen. Obama.

Sen. Obama has brought together partisan opponents in the field of foreign policy and will work with this same strategy across the world.

Opinion

Manage time well or pay the price

For many of us, college means an overload of projects and studying, all while keeping up with a job to pay the rent or to see those seemingly necessary movies. Sometimes all we want to do is take a break by sitting on the couch, surfing Facebook and watching the latest episode of “The Office.”

As college students, our time management is less than good. Lets face it, it usually sucks.

We stay up until 2 a.m. to finish a paper, and then complain about how tired we are the next day, just to do it all

Erica Anderson
Columnist



over again.

A recent study done by the University of Minnesota showed that too much television and computer use, stress, smoking and other factors are making GPA's plummet.

About 24,000 students from Minnesota universities — including MSUM—were sur-

veyed and asked questions about various topics hurting their academics. The most evident and, in my opinion, prominent for us today is excess computer and television time.

About 30 percent surveyed said they spend too much time in front of a screen. Thirteen percent of those reported that it hurt their studies.

These students averaged a GPA of 3.04 compared with an average of 3.27 for those who said excess screen time didn't

affect them.

So the time old question that our elementary teachers and parents asked us remains: Are you using your time wisely?

Choosing which shows you want to watch before switching on the TV is a good way to limit your watching hours. Try not to search the TV guide channel just to get out of doing that chemistry homework you are putting off.

Assign set hours for internet and studying. By getting into a solid routine, you are more likely to follow it instead of putting your studies off until the last possible minute.

There will always be ways to record. Find on the internet or TiVo those episodes you just need to watch. And all will be well if you stay off the internet for a few hours a night. But college is right here, right now. Exams and due dates are solid.

You are at MSUM for a reason, and in the end it won't be how many hours you watched or were logged on, but how well you utilized and bettered yourself through your education.

Trouble with budgeting time?
E-mail Anderson at
andereri@mnstate.edu

Illustration by Chris Fried / The Advocate



Staying human to affect change

As I peeled my burnt grilled cheese from the pan, I smiled and reminisced about how my mom would cut them diagonally when I was a child.

I, a 26-year-old woman, proceeded to do the same, subconsciously hoping it would bring a small amount of comfort to a hellacious week.

I am burdened with the thought of, “If I am fortunate enough to have something as minuscule as a diagonally-cut grilled cheese sandwich bring some serenity, then what can I do to bring that comfort to another person tomorrow?”

The answer is found in the words of my favorite musician

Lisa Call
Columnist



and peace activist Michael Franti: “Stay human.”

Bearing these powerful words on my wrist permanently, I am often asked what they mean.

Short and to the point, they are a constant reminder that my daily actions can make a difference, whether large or small, in at least one person's life.

I firmly believe those constant positive actions by us all as a whole will create that

change we all seek.

Hold the door for someone today. Say “good morning” to a random person on campus. Observe their reaction. Although at times it may not be the one you are looking for, it is a beautiful thing to see a person's face light up with gratitude or complete surprise.

These beautiful reactions make the odd looks I sometimes receive for saying hello or holding the door worth the effort.

Today, be that change. The rest will follow suit.

Need advice on staying human?
E-mail Call at
callli@mnstate.edu

Hallow-meaning

Kimberly Ehrlich
Columnist



When I went home for fall breather wondering about my family, I hadn't actually expected they would change. Going into my sister's room, I noticed something flimsy and badly made, slipping off a hanger.

“What is that?” I asked my mother.

“Your sister's Halloween costume,” she said in an amused voice.

With growing trepidation I took the costume out. It was thin, skimpy and small enough to fit a dog.

I wouldn't have been so bothered if it were my friend. But this is my 14-year-old sister who's going to be traipsing around my town on Halloween night in a tiny little maid outfit. The sexual implications in the outfit are completely obvious. Ask anyone and a maid's outfit is only synonymous of some sort of representation of sex in a costume.

That seems to be how the current trend is going. Even as my friend mentioned in the movie “Mean Girls,” the quote “Halloween is just an excuse for girls to dress up like sluts,” seems to be reinforcing the idea that Halloween is meant for skimpy outfits and getting that one guy to notice you in your bunny outfit.

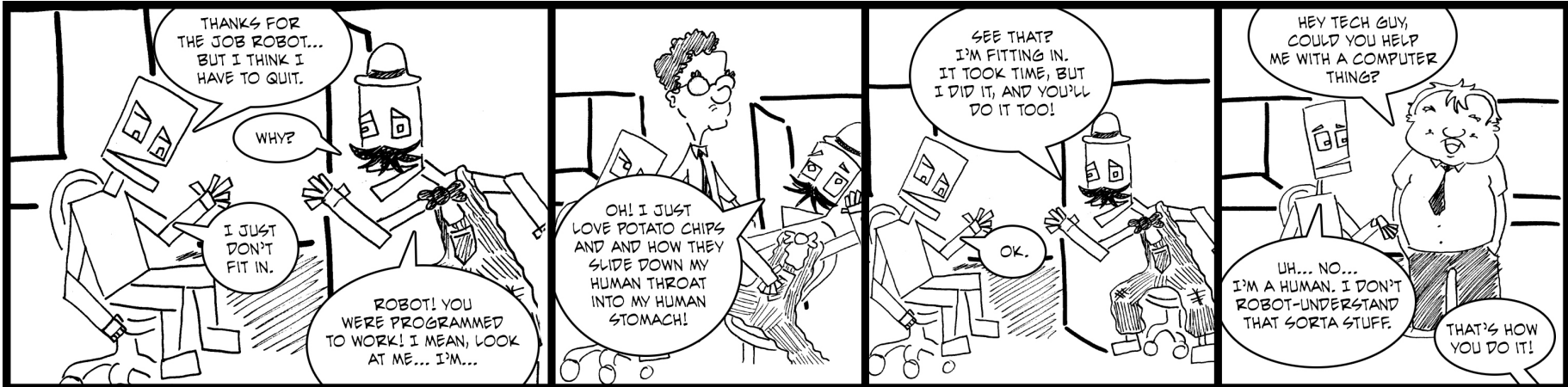
But is that really how you want to be perceived by your peers and friends? Isn't dressing up in a skimpy outfit for Halloween just as bad as doing it any other day of the year?

I could be wrong, and I'm certainly sure I'll see all my friends and dorm-mates showing off more skin than I really need to see, but I'm trying to make a point.

Why even dress up if it's just to get the wrong sort of attention from people? That's not what Halloween is about. This Halloween think of an outfit that actually accomplishes the intentions of Halloween—to be scary.

Thoughts on skimpy costumes?
E-mail Ehrlich at
ehrichki@mnstate.edu

Illustration by John Berdahl / The Advocate



Halloween classics rise again

By MAX HEESCH
Staff Writer

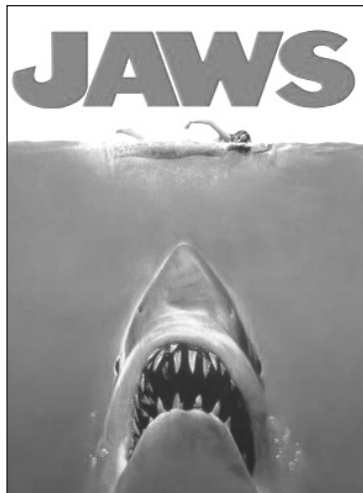
When fall comes around, one of the best things to do to kill time is to watch a good old-fashioned creature feature. These are films with memorable monstrosities that terrify and enchant, but most of all entertain.

The legends of the genre are the ones played the most come Halloween. What makes the movie a legend varies from person to person, but here's a few that may ring a bell.

The trifecta

Long before our generation watched the silver screen, a trio of monsters scared up the audiences and earned their spots as horror classics.

Dracula, Frankenstein's monster, and the Wolfman were famous with their own movies, but when they met



SUBMITTED PHOTO

up, that was something to watch.

The funniest is "Abbott and Costello Meet Frankenstein," where the two hapless comedians face all three as Dracula plans a nefarious plot using Frankenstein's monster and the Wolfman as his pawns.

This plot has been used for contemporary monster team



SUBMITTED PHOTO

"Frankenstein" was one of the original motion picture horrors to scare audiences out of their seats.

Three Moorhead locations!

South Moorhead (South of the Interstate)

EasTen Mall

Downtown Mhd (blocks away from MSUM, behind KFC)

ups "The Monster Squad" (1987) and "Van Helsing" (2004). But with Abbott and Costello, it is far more entertaining.

It'll eat you whole

There's a strange fascination with that which is most vicious and uncontrollable. And it's those things that are the most fun to watch wreak havoc on the unsuspecting.

One of the oddest creatures out there is also the one with least form. "The Blob" (1958) simply ate you and got bigger. Yet it still menaced a town and engulfed an entire diner.

The original was relatively tame compared to the 1988 remake of the same title, where the blob is a little more deadly and melted the flesh off people.

Something from the realm of the real, "Jaws" (1975) terrified crowds and grossed over \$100 million to become the first blockbuster. Countless people have been scared of the water ever since.

Since the mechanical shark in the movie was malfunctioning, the shark doesn't even appear until near the end of the film, and sparingly at that. Yet it was of the shark's noticeable absence that made it the most harrowing.

Something to think about

A movie that scares you and also makes you think is a frightening combination. It makes you worry about what the world outside the theater will be like once the movie is over, be it the world itself or its inhabitants.

In "The Thing," (1982) an alien monster ravages a research team in remote Antarctica. Increasing para-



SUBMITTED PHOTO

"The Blob" put the fear of the uncontrollable into the minds of movie goers in 1958 and again in 1988.

noia is felt by both the characters and the audience as the alien kills and assimilates the team one by one, no one knows who is human and who isn't.

"The Mist" (2007) probes similar areas, only with even more disturbing themes. A mysterious mist envelops a small town, trapping some of its citizens in a supermarket as untold creatures hunt them outside.

The real horror of the movie lies within the store, however, as the people inside turn against one another, falling to fanaticism and hysteria. The desolately bleak ending of the film also adds to a shifting tread in the horror film.

Send Heesch a scare
at heeschma@mnstate.edu

Other notable monster movies

"Gremlins"—Don't feed them after midnight!

"Braindead"—Goriest zombie movie ever, courtesy of Peter Jackson

"Alien / Aliens"—Good, slimy, terror... in space!

"The Host"—Quirky foreign monster movie with hilarious family dynamic.

"A Nightmare on Elm Street"—The original nightmare is also the best.

Release Calendar

Films

Oct. 31

"Zach and Miri Make a Porno" - R

"The Haunting of Molly Hartley" - PG-13

"Dear Zachary: A Letter to a Son About His Father" - NR

"The First Basket" - NR

"The Matador" - NR

Gaming

Nov. 4

"Quantum of Solace"
Wii / X360 / PS3 / DS / PC / PS2

"Resistance 2"
PS3

"End War"
X360 / PS3 / DS / PSP

"Warfare"
PC

Music

Nov. 4

Brad Paisley
"Play"

Dido

"Safe Trip Home"

Juano's

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Jennings releases must-listen CD

By CASSANDRA MILLER

Staff Writer

With the release of his seventh full-length album, Mason Jennings will be gracing Fargo once again.

Born in Honolulu and raised in Pittsburgh, Jennings traveled around the United States after dropping out of high school. His passion for writing music started when he was 13-years-old and this desire let him to pursue his musical career.

Jennings found the music scene he'd been searching for in Minneapolis.

He was a regular at shows by the Replacements and Jayhawk, Jennings landed a gig of his own. What really got Jennings going in his musical career was his weekly show at the 400 Bar in Minneapolis.

After playing the 400 Bar, Jennings' music developed along with his fan base.

Jennings has been busy, not only with his music but also with his family.

He gained nation-wide popularity, but his priority is still his wife and two sons.

Having two young children has greatly influenced Jennings because they encourage him to incorporate spontaneity into his music.

His newest album "In the Ever" was inspired by his youngest son when he was asked, "Daddy, do you remember when I was in the ever?"

His son was referring to when he was in the womb. Jennings was in awe of his son's perception of life and decided to use "In The Ever" as the name of his new album.

Jennings doesn't plan on stopping that any time soon. His favorite part of music is his artistic license and ability to control what is created.

Jennings plays a large role in mixing and recording his own music because he doesn't want anyone else to "have all the fun."

Jennings would often wake up, write a song and record it in the afternoon.

He recently signed on to Brushfire Records, the home label to artists such as Jack Johnson, G. Love and Special Sauce and Rogue Wave.

"In the Ever" is full of quirky lyrics and feel-good beats.

Jennings does a wonderful job of mixing heavy issues such as Iraq and Hurricane Katrina in "Going Back To New Orleans" and his inner confusion concerning religion in "How Deep Is That River?" with light-hearted, smile-inducing songs such as "Your New Man."

Jennings's friend and tour partner Jack Johnson makes a vocal cameo on a few songs on "In The Ever."

His easy-going attitude, gracious demeanor and outstanding musical talent make Mason Jennings an artist you won't want to miss.

Jennings will perform at 8 p.m. Sunday at the Venue in Fargo.

Miller can be reached at millerca@mnstate.edu



SUBMITTED PHOTO

Singles from Mason Jennings new CD "In the Ever" will be included in his concert at 8 p.m. Sunday at the Venue.

Chuck D decries celebrity

By BEN SAILER

Assistant Editor

It was hard to believe hip-hop legend Chuck D would come to MSUM before his arrival on Oct. 22 removed all doubt.

The CMU Ballroom was filled with bustling excitement as anxious attendees anticipated the arrival of the acclaimed artist, best known for his work with the immensely influential hip-hop trio Public Enemy.

When the iconic rapper took to the podium to deliver his lecture, entitled "Race, Rap and Reality," the audience broke into uproarious applause.

Dressed in an unassuming

tracksuit, D came off like a common man, passionate about his opinions, free from the inflated self-importance one might expect from a highly regarded musician credited with crafting some of the most groundbreaking albums of the last few decades.

Rather than becoming absorbed into vapid celebrity culture, D expressed severe disdain for Hollywood idol worship.

"Celebrity is the distracting virtual reality drug of America," D said.

Throughout his speech, he railed against everything from media coercion to callous politicians to race issues. Much of what he said was tied together

with an insistence upon individuals to think and act for themselves.

"The American public has been forced to be 'sheeple,' not people," D said.

He also seemed genuinely enthusiastic about having the opportunity to speak with college students in a small town, emphasizing that people living in rural communities are of the same social importance as those in major cities.

"It's not where you're from, it's where you're at," D said, borrowing a line from classic rap duo Eric B. and Rakim.

CHUCK D, PAGE 10

VOTE


Sonia Hohnadel

Clay County Commissioner

District 5

Tuesday

November 4, 2008



My priorities are:

- * People
- * Planning &
- * Partnerships

Prepared and paid for by FRIENDS TO ELECT SONIA, Del Rae Williams, Treasurer - www.FriendsToElectSonia.com





SUNDAY, NOVEMBER 2
MASON JENNINGS
 w/ HALEY BONAR
 THE VENUE @ THE HUB
 ALL AGES / 8:00 PM SHOW

MONDAY, NOVEMBER 3
GWAR
 w/ KINGDOM OF SORROW
 and TOXIC HOLOCAUST
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 ALL AGES / 7:00 PM SHOW



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WEDNESDAY, NOV 5
MARTIN SEXTON
 w/ RYAN MONTBLEAU
 THE FARGO THEATRE
 ALL AGES / 8:00 PM SHOW





SUNDAY, NOVEMBER 9
BUCKCHERRY
AVENGED SEVENFOLD
 w/ SHINEDOWN
 and SAVING ABEL
 THE FARGODOME
 ALL AGES / 6:30 PM SHOW

SATURDAY, NOVEMBER 15
TRAMPLED BY TURTLES
 w/ PISTOL WHIPPIN PARTY PENGUINS
 THE FARGO THEATRE
 ALL AGES / 8:00 PM SHOW





TUESDAY, NOVEMBER 25
PUDDLE OF MUDD
 w/ RED, SAFETYSUIT
 & TEMPERED CAST
 THE VENUE @ THE HUB
 ALL AGES / 7:30 PM SHOW

DOWN THE ROAD

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 PERT' NEAR SANDSTONE - NOV 22, 2008 - THE AQUARIUM
 THE BLACK CROWES - DEC 9, 2008 - THE VENUE @ THE HUB
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FOOTBALL

Football ends losing streak

Dragons conquer Wolves to take second victory of the season



CHRIS HUBER / THE ADVOCATE

The Dragon defense blocks a Northern State extra-point attempt. The Dragons blocked two extra-point attempts during the game. The Dragons went on to defeat Northern State 29-26 on Saturday. The win breaks a four-game losing streak and brings the Dragons to 2-7 overall and 2-6 in the NSIC.



JON LAMBERT / SPECIAL TO THE ADVOCATE

Junior wide receiver Bruce Green receives a fourth-quarter touchdown pass to secure victory.



JON LAMBERT / SPECIAL TO THE ADVOCATE

Senior strong safety Eric Schaumburg intercepts the ball to assist in the victory.



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By TIMOTHY STULKEN

Sports Editor

After four weeks without a win, the Dragons were able to create some energy on the field and came up with a victory.

The Dragons defeated the Northern State Wolves on Nemzek Field on Saturday. Both teams entered the game with a 1-7 season record.

Scoring started out relatively even. The Dragons entered the second quarter with a four-point lead and the Wolves tied it up in the second.

Entering the second half with a tie game, the Dragons refused to give up as they had in previous games.

The team took a three-point lead in the third with a field goal and worked to maintain that lead through fourth quarter.

A heated fourth quarter battle for the victory ensued.

The Dragons scored two consecutive touchdowns after the Wolves scored one. Northern State responded with a touchdown of their own with only 48 seconds left in the game.

The Dragons victory can be attributed to many factors, including three field goal kicks by freshman Logan Johnson, the longest of which was 39 yards.

The defense was another factor, blocking two extra point attempts. Although this did not win the game for the

Dragons, it did give the team a little wiggle room.

The final score was 26-29, the Dragons in the lead.

The Dragons hope to improve their record in their two remaining season games. They play at Southwest Minnesota State Saturday. The team returns to Nemzek Nov. 8 to play Augustana in the last game of the season.

Stulken can be reached at stulketi@mnstate.edu

WOMEN'S SOCCER

Soccer split weekend games at home



CHRIS HUBER / THE ADVOCATE

Freshman Katherin Adams hits a head shot during a game earlier this year. The Dragons defeated Wayne State on Saturday, but fell to Augustana on Sunday.

By TIMOTHY STULKEN

Sports Editor

The women's soccer team continue to move forward to defeat their opponents.

The team defeated Wayne State on Saturday 2-1, but fell to Augustana 0-1 in overtime Sunday.

"We played well this past weekend," sophomore defender Rachel Thompson said. "We played with a lot of heart. The loss on Sunday was disappointing because it's hard when you work really hard for something to not achieve it."

The team honored their seniors during their Senior Day on Sunday. Thompson said she was pleased with the team's performance.

"Sunday was a big improvement from Saturday's game," senior goal keeper Andrea Pearson said. "We went out there ready to play. We also stepped on to the field ready to have fun. It's not everyday you get to play soccer in the snow."

The team played well throughout the entire game; however, Augustana took the lead with only a minute left in overtime play.

Many of the other players

had good weekends according to Thompson.

"Richelle Ross, Sarah Toward and Andrea Pearson all had great games on Sunday," she said.

Pearson had 19 saves. Seniors Richelle Ross and Sarah Toward both played exceptionally well.

"Andrea is phenomenal and has come a long way this year," Thompson said. "She's a huge communicator in the back. As defenders, we know she's got our back."

The team hopes to continue playing well and increase their win record as they move toward the end of the season. The loss and win bring the Dragon's record to 7-7-1 overall and 4-6-1 in the NSIC.

"I have high hopes for this team," Pearson said. "We made it to the NSIC finals last year. I can only hope that it's us holding the trophy this year."

The team plays 3 p.m. Friday at Southwest Minnesota State and 1 p.m. Sunday at MSU Mankato. The NSIC tournament begins with the first rounds Wednesday. The finals are Nov. 8 and 9.

Stulken can be reached at stulketi@mnstate.edu

Dragon Fire auction raises money for scholarships

By LOGAN GROSSMAN

Staff Writer

Starting Saturday, students will be able to bid for items from the Dragon Fire online auction. This auction is headed by Greg Peterson, a supporter for the athletic department.

For the last three years, the Dragon Fire online auction has been held online on the well-known buying and selling Web site eBay.

Over 100 items have been donated to the auction this year

"The goal of the event is to raise as much money as possible for the Dragon Fire Athletic Scholarship Fund," Peterson said. "This auction is win-win. The bidder gets something he or she wants and they can have the satisfaction of knowing that they have spent their dollars on the Dragons Athletic Program."

Peterson is taking a new step this year for the auction. The event is working through a program on eBay called Mission Fish.

This program holds non-profit auctions, which means no auction fees for users. This also means that the event will be open to the total eBay population, so that anyone on eBay can see and bid on the items.

Peterson is excited about the auction this year and listed just a few of the things that will be seen online this year.

"The auction will run for 20 days after Nov. 1," he said. "Items featured in the auction will include items anywhere from pottery and dinner with a campus official like the athletics director or campus president to getaways and trips

like weekend trips to Chicago or a week in New York City, to sports memorabilia such as a signed Jared Allen Vikings jersey and a Harman Killebrew Minnesota Twins baseball card."

The auction earned \$11,000 last year and is hoping to add to that amount in this event.

"We are looking for full scholarships this year, which

would be about \$12,500," Peterson said. "We're hoping to see the program grow as it continues. Lately, with a poor economy we've seen few personal donations, which we would like to see more of. However, the business community in the Fargo-Moorhead has been very helpful with their support and donations."

Peterson also mentioned another important event coming up.

"A big event coming up is the Walkathon," he said. "Spring planning is just around the corner for any who may be interested."

Grossman can be reached at grossmanlo@mnstate.edu

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FRANKEN, FRONT

The youth vote is expected to play a large role in this year's election.

"Minnesota has the highest percentage of 18 to 29-year-old voters, so it's extremely important that everyone gets out and votes," senior Jacob Blackwell, of College Democrats, said.

"I think everybody is really excited at the campuses that I go to about this election, and I think (the youth vote) is going to play a huge role," Franken said.

Junior Jessica Deck said Franken's promised \$5,000 tax credit to middle class college students is one of the reasons she was drawn to the campaign.

"I want to hear the facts. I want to hear what he has to say because my friends all like him," Deck said.

Junior Kelsey Nelson, a republican, attended the rally, but left after Franken's opening story about how he and his wife met in college.

"It reaffirmed my feelings on him. I really don't like where he comes from, how crude he is. I really didn't expect to leave that soon," Nelson said.

The Minnesota DFL is using 77,000 volunteers to get their message out this year, and plans to knock on 2.8 million doors and make 1.5 million phone calls in an effort to get the vote out.

"It's going to be a close election," Franken said. "And I don't want to wake up Nov. 5 and think there was one more thing that I could have done and I don't think you do either, so I need your help."

Shaffer can be reached at shaffehe@mnstate.edu



LAUREN TAUTE / THE ADVOCATE

Franken addressed a crowd of students and community members on Monday in the CMU. College Democrats sponsored the event and passed out signs and T-shirts to supporters.

STUDY, FRONT

Those with no stressors indicated a mean GPA of 3.37, while those with six stressors indicated a 2.83 GPA.

Nearly 10,000 students from Minnesota colleges participated in the survey conducted by Dr. Ed Ehlinger, the director and chief health officer of the University of Minnesota Boynton Health Service.

Ehlinger wants to inform students that both mental and physical health play a strong role in student's academics. Ehlinger realizes that college students are not always as healthy as they could be and that getting a good night sleep may drastically help students gain higher GPA's.

"Turning off the computer and going to sleep is one of the best things our students can do to improve their grades," Ehlinger said.

Ehlinger's research shows that 50.3 percent of students received three or less nights of adequate sleep and 20 percent felt that their sleeping difficulties affected their academic performance.

Those who reported no sleeping difficulties had a mean GPA of 3.27 while those who had sleeping difficulties and felt it affected their academics had a mean GPA of 3.08.

Students struggling with stress, time management or other issues have resources on campus that they are encouraged to use, such as the academic resources office (ARO) as well as the counseling and personal growth center.

Diane Wolter, director of ARO feels that health issues relating to students academics are often related to one another.

“Going to college is like having a full-time job. Have a manageable load, and take some time for yourself.”

Diane Wolter
ARO director

A lack of sleep, as she explains, often causes physical stress just as stress may cause a lack of sleep.

Wolter realizes that being a college student can be demanding and that students should not overwork themselves or they may become stressed.

"Going to college is like having a full-time job," Wolter said. "Have a manageable load, and take some time for yourself."

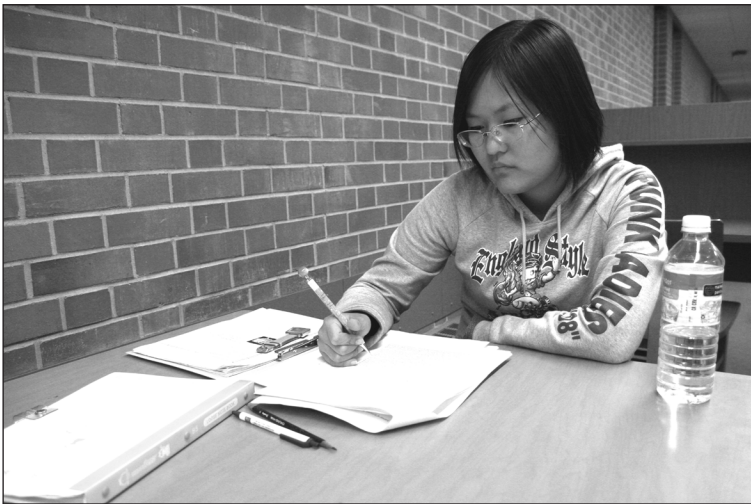
Alcohol consumption, drug use, gambling and smoking were also factors that played

a role in student's academic performance.

To see the test results go to www.bhs.umn.edu/health-data.

Ehlinger hopes his research will help those in charge of student affairs and MnSCU make effective health policies. Yet who he really wants to impact is the students, informing them so they will be able to make positive decisions.

Jacobson can be reached at jacobrob@mnstate.edu



TAAREN HAAK / THE ADVOCATE

Junior Hua Lui studies in the library. A recent study shows television and computer time can adversely affect students' GPA's.

STUDY TIPS:

• Avoid aimless Web surfing or checking your Facebook account when you're supposed to be studying.

• Go to bed at a decent time and get plenty of sleep.

• Learn how to manage your time. Don't take on a heavier load than you can reasonably handle.

• Know when to relax and take some time for yourself. Excessive stress can hurt your productivity in the long run.

• Avoid drugs and alcohol. If you're going to drink, do it responsibly.

• On-campus resources, such as the ARO and the counseling and personal growth center, are there to offer help if you need it.

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FLU, FRONT

"The best thing to do is cough or sneeze into you're your arm, not your hand," Carol Grimm, director of the Hendrix Health and Wellness Center said. "Don't share drinks, utensils or toothbrushes with others during flu season."

•Dress for the weather. Even simply wearing a hat out in the cold weather will help the immune system. Allowing body temperatures to decrease only lowers the immune system's functions, putting the body at risk.

•Get exercise and eat right. A person that keeps their body healthy will be the strongest fighter against illness this winter. Another part of this is sleeping regularly.

•Get vaccinated. On Nov. 12 Hendrix Health and the Department of Nursing will hold a student flu shot clinic.

The clinic will be from 10:30 a.m. to 5 p.m. in CMU 227. The cost of the flu shot is \$20.

Some students cite cost and time as reasons for not getting the shot, but the shot has a 67 and 85 percent rate of effectiveness among the different strains of the virus and is therefore effective against the flu.

Many students don't realize how susceptible they become in a college environment surrounded by a number of people who could be carrying the flu.

The flu shot takes two weeks to take effect and lasts for up to a year. There aren't many negatives to getting the flu shot, and the popular myth that the flu shot will sometimes just give someone the flu is false.

"There might be arm soreness, redness or swelling where

you got the shot. Sometimes the arm might ache," Grimm said. "People need to get a flu shot not only to protect themselves, but to protect others as well. For most people the flu only lasts a few days, but some people can get much sicker. Influenza can lead to pneumonia."

It's up to the student to decide whether they are willing to risk being out of class for a couple of days. But the Hendrix Health strongly encourages the shot.

"Scorch and President Edna will be getting their flu shots at noon that day," Grimm said.



PHOTO ILLUSTRATION BY CHRIS ERICKSON / THE ADVOCATE

Flu shots will be given at Hendrix Health on Nov.

Ehrlich can be reached at ehrlchki@mnstate.edu

CHUCK D, PAGE 7

Following his talk, D opened the floor to a question and answer session, fielding inquiries about topics including music piracy, global warming and what individuals can do to create positive social change.

Afterwards, he patiently met with everyone in an extensive line of people waiting to speak with him one-on-one, answering more questions and taking photos with fans.

When asked what students should be getting out of their college education, D offered a thoughtful response.

"The most important thing I think a student can take away from their college education is to be able to communicate with as many people on campus as possible," D said. "Everybody's here to learn something. Sometimes you can learn something from an associate or a friend that goes outside your major field of study, and I think that's very important to take heed of."



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VOTING, FRONT

The "get out the vote" effort at MSUM offers perspective voters various service options to facilitate the voting process.

"We're tabling if anyone has any questions about what you need to do on Election Day. We can help you with where you need to go, polling places, those kinds of things," Butrum said.

Students of all political persuasions are welcomed by the College Democrats to come and seek them out for information.

"Every day until election day and on election day we'll be passing out non-partisan literature informing people on who's running and their

stances on the issues. It's information provided by the League of Women Voters," junior MSUSA representative and student senate member Justin Moen said.

2008 represents a coming of age for the e-generation. Those who grew up taking for granted cable news and the internet will be voting. Even though it is a new generation, the same issues are important although for different reasons.

"You can show people in Washington and Minnesota that people this age aren't apathetic and not ignoring this election, so that four years from now they're talking about issues that apply to us," Moen said.

It's not just the immediate future. One of the elections most important issues is occurring right now.

"There is still the war in Iraq that is still a big issue. It affects us directly, many of us still have friends over there," Butrum said.

Whether or not the youth vote will have a measurable effect on the national elections cannot be seen until after the election.

Flinger can be reached at fliginry@mnstate.edu

Vote Nov. 4

Polls are open **7 a.m. to 8 p.m. Tuesday.**

To find polling locations in Minnesota, visit: **pollfinder.sos.state.mn.us**

Student ID's should be sufficient identification, but student senate strongly recommends bringing a driver's license and current utility bill.

The state of Minnesota allows **same-day registration.**

For more information about the candidates or voting, visit the **student senate office in CMU 116B.**

PING PONG, PAGE 3

Table tennis seems to run in the family for the Grindelands. One of his sons started playing the sport and ended up winning national tournaments and even wound up playing in the Junior Olympics.

While his son was receiving training from some top table tennis trainers, Grindeland took it upon himself to listen to what the trainers were saying and picked up some tips and techniques along the way.

"If someone asks, I will share a tip or show them a new technique," said Grindeland.

Some people may not exactly view table tennis as a serious sport but it has been added to the list of Olympic

sports and is gaining popularity world wide.

"Europe, Asia and Scandinavian countries are picking the sport up and holding competitions," Grindeland said.

Grindelands' game is not as serious but he encourages students to come and play if they've got some time. He also thinks that the addition of a table tennis club would be a good idea. If a club ever came in to fruition, the focus would be put on training for a national college level competition.

Seitz can be reached at seitzni@mnstate.edu



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RE-ELECT

MORRIE LANNING
Proven Leadership and Service
District 9A



During the 2009-10 legislative sessions Morrie will continue his work to:

- Increase base funding for public higher education and K-12.
- Secure funding for capital improvement projects needed for MSUM.
- Improve the climate for creating and retaining jobs in Minnesota.
- Advance alternative sources of energy and promote energy conservation.
- Enact additional measures to contain health care costs.
- Find ways to help people move out of poverty and achieve economic self-sufficiency.
- Maintain a spending discipline so that sufficient resources will be available to fund the highest priorities and protect the most vulnerable citizens.

Vote on November 4th to Re-Elect Representative Morrie Lanning

Prepared and paid for by the Lanning for State Representative Committee, 4307 S. River Haven Rd., Moorhead MN 56560

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Wayne INGERSOLL

Ingersoll for Clay County Commission, Greg Peterson, Treasurer, Moorhead, MN



To the **Independents, Democrats, and Republicans** who will be voting in the upcoming election:

My name is Wayne Ingersoll, and I am running for the District 1 seat on the Clay County Commission. District 1 includes Minnesota State University Moorhead.

This is a non-partisan race.

I am an MSUM alumnus and a life-long Moorhead resident. I live one block north of the campus on Fifth Avenue.

Your vote would be most appreciated; and, if elected, I will serve you well.

Sincerely,
Wayne Ingersoll